

**Abstract**

**An insole (for shoes) is in the form of a disposable product having a maximum thickness of 3 mm and consisting essentially of a liquid-absorbing fiber fleece material made of or based on cellulose fiber. The insole is formed by a single wadding fleece layer (4) made of cellulose fiber material having 25 % by weight of heat meltable binding fibers, the layer being compacted by means of embossing calendaring and having highly compacted embossed areas (9) as well as other areas (10) which are less compacted in comparison therewith.**